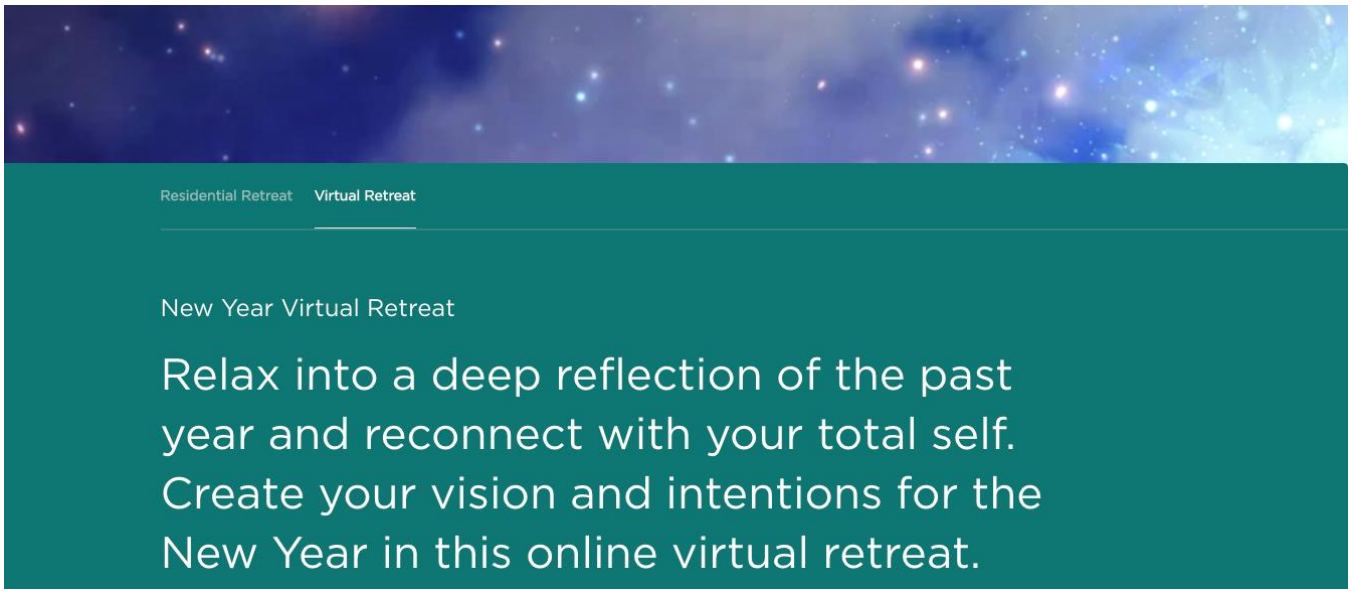
# New Year Virtual Retreat

*2020 Website Program Description*


Residential Retreat
Virtual Retreat
New Year Virtual Retreat
Relax into a deep reflection of the past year and reconnect with your total self. Create your vision and intentions for the New Year in this online virtual retreat.

Virtual Program

**$1,295.00**

5 1/2 days

Begin the New Year with more than a resolution, begin with a clear vision and defined intentions. In our New Year retreat you will develop the skills necessary to approach yourself, your life, and the future from a heartfelt perspective.

Relax and revitalize this holiday season. Join other like-minded people on this special celebratory journey and sound the bell to ring out the old and bring in the new. Learn how to accept and release the past, shift to a new perspective and create your desires for the coming year.

Shift into empowered states for manifesting your desires. During your New Year program, you will look at your life on physical, emotional, and spiritual levels, preparing for whatever the future brings. Transform your outlook to one of deep appreciation, love and compassion.

Rejuvenate your mind, body, and spirit. Feel renewed, clear-minded, and more joyful as you welcome in a new year full of possibilities. Welcome a knowing that the coming year will be different from any you have previously experienced or imagined. Manifest your vision for what will be.

How it works

1. New Year Virtual Retreat is a 5 ½ day real-time interactive online retreat.

2. Tentative schedule
    1. Day 1 begins at 2:30 pm (ET) with an overview, introductions, logistics and an audio exercise. The day ends at 6 pm.
    2. Days 2-5 begin at 9:30 am (ET). Each day is different and includes 3-4 audio meditation exercises, activities, videos and short presentations with a break for lunch. Each day ends at 6:00 pm.
3. The program will be conducted using Zoom meeting, a popular online platform for video conferencing and interactive online instruction. Audio exercises will be streamed through the Zoom platform and also available for streaming through your Monroe account during the retreat.
4. Reliable internet connection with a recommended minimum internet speed of 5 Mbps for streaming the exercises.
5. You will need headphones and a computer with a camera and microphone for video communications Over-ear wired stereo headphones or high-quality earbuds are recommended with a cord long enough to reach the place where you will be listening to the exercises.

To ensure you have true stereo sound, you can use this Audio Test. (Linked in the details section below.) You should hear a pulsating frequency from ear to ear.

# What You Get

In addition to the program materials and audio exercises, you will receive the following benefits.

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| <br>*Trainer Facilitation*<br><br>Throughout the course a Monroe trainer will be there to answer your questions and support and guide you through the program. | <br>*Additional Audio Exercises*<br><br>Continue your exploration once the program has ended with a take home audio exercise. |